

# DIRECTIONS FOR USING The Peerless Steam Cooker.

And Special Recipes for Cooking by Steam.

The cut shows plainly the great capacity of the Peerless Cooker.  
Letter A shows the tube for conveying the steam into the stove.



B shows the steam whistle that calls when more water is wanted.  
C is the tube for replenishing with water without removing cover.

Agents wanted in all parts of the U. S. and Canada. Address  
**PEERLESS COOKER CO., BUFFALO, N. Y.**



The water in No. 1 B and 2 B. Cookers will not last as long as in other sizes, as the space for water is not so large.

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Give food at least  $\frac{1}{3}$  longer to cook the first three or four days than in the old way as food will not cook as rapidly in new dishes as after they have been used a few days.

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If everything does not come out of the Cooker at first as you think it ought, do not blame the Cooker, but make up your mind that you have made some mistake. Follow our book of directions carefully and use lots of "common sense" in its use and after using it every day for one week, we are certain it will more than please you.

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You can get a nice crust on bread or cake baked in the Cooker by covering it with a piece of brown paper.



# **DIRECTIONS**

—FOR USING THE—

## **Peerless Steam Cooker.**

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### **Examine the Stove.**

Be sure that the cold air draught passes directly THROUGH the fire, and not OVER it, or BEHIND it, or on either side of it. If there are any openings in the fire box through which cold air can pass, it will pay to get them fixed at once. In almost every instance we have found this to be the trouble when the oven would not bake. A great deal of annoyance, and time, and expense would be prevented by a little attention in this respect. It is also important that the top of the stove should be even. If the center piece should be warped, get a new one. It will only cost a few cents, and will enable you to cook your dinner much quicker, and with much less fuel. If the Cooker fails to cook as quickly as stated in these directions, you may depend upon it that there is a COLD AIR LEAK somewhere in your stove.

### **To Prevent Rusting.**

Rub fresh lard all over the Cooker inside, and boil water in it one hour before using the first time, as bright tin requires more time for cooking.

Remove the lid from the stove and place the Cooker over the fire.



If the stove lid is not removed there is no chance for the steam or odor to pass into the stove. If you desire to keep the bottom clean and free from soot, the Cooker may be placed on the stove without removing the stove lid, and the escaping steam and odor will pass under the Cooker and be almost entirely burned up.

### **To Start Cooking.**

Fill the lower space three parts full of hot water, about two quarts. Do not put in the food until the water is boiling. Less water can be used to advantage, as with less water the hotter and dryer the steam.

### **To Start Cooking Quickly.**

Put one quart of hot water in the Cooker. If you do not have any hot water ready, put in one pint of cold water and add one pint or more of boiling water from the tea-kettle as soon as possible.

### **Put the Cover on perfectly even**

And if it leaks steam, press or pound it down gently all around the edge of the cover with the hand. It is not made to fit into the Cooker like ordinary covers but has a flexible rim and goes in part way, thus giving it a chance to press against the sides of the Cooker and prevent any steam or odors from escaping.

### **To Remove the Cover.**

Put a stove cover lifter over one of the handles and pry it up.



### **Flavors do not Mingle.**

TO PREVENT the FLAVORS of VEGETABLES FROM MINGLING with puddings, etc., the cooking must be done under STEAM PRESSURE, the cover must be tight, and the water must be BOILING ALL THE TIME.



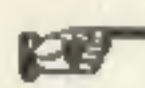
Do not remove the cover to see if the food is cooking, as by so doing a great amount of heat is lost.

If hard water is used a slate crust will gradually form on the bottom of the Cooker. To remedy this and to preserve the Cooker, place a clean oyster shell, or a piece of stone or marble in the bottom of the Cooker,

### **SPECIAL NOTICE**

When the Cooker needs more water, it is indicated by SIGHT, as the steam can be DISTINCTLY SEEN escaping through the whistle, and also by SOUND, as it can be HEARD giving the alarm.

When more water is needed, take out the whistle and pour in HOT WATER from the tea-kettle or pitcher, and replace the whistle in the tube.

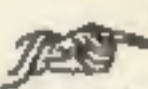
 WE DO NOT WARRANT THE WHISTLE TO GIVE THE ALARM UNLESS THE COVER IS PERFECTLY TIGHT.

Do not jar the cooker or remove the cover while cooking cakes, etc. as it will cause them to settle.

Nothing greasy or salty should be put into the water as it injures the Cooker and makes it harder to clean.

The outside of the rim of cover and extension should be scoured and kept clean. If the rim is not kept clean the pressure of steam forces up the cover, and steam and odor will escape.

The time it takes to cook in the Cooker is about the same as ordinary methods of boiling and baking. It depends upon the heat of the fire and the amount of water put in the Cooker to generate the steam.

 The Cooker should be wiped dry after using. The acids of fruits and vegetables will not discolor the Cooker after it has been used and cleaned a few times. No. 4, Hotel Cookers require more time for cooking than the smaller sizes.



# SPECIAL RECEIPEs

For Cooking by Steam

—WITH THE—

## PEERLESS STEAM COOKER.

### **OAT MEAL, ETC.**

Put three cups of boiling water to one cup of Oatmeal, or Rice, and cook 30 minutes or more until done to your liking. Rolled oats will cook much quicker.

### **Veal, Pork or Mutton.**

Place in an open dish, and cook two hours, more or less. After cooking in the Cooker, brown in the oven ten minutes or more if desired. It is better to season after the meat has cooked a short time, because the salt opens the pores and allows juices to escape. It is also well to pour boiling hot water over the meat before cooking to close up the pores and prevent juice of meat from escaping.

### **Veal Pot-Pie.**

Salt and pepper the meat, place on disk in pan containing a little water; when nearly cooked put the dumplings on the meat and steam 40 minutes; remove from the Cooker and make a sauce by adding flour and butter to the water in the pan.

### **Vegetable Dinner.**

Cut cabbage small, place in open dish or pail with no water, and the meat on top of the cabbage. Cook two and one half hours. Do not salt until nearly cooked. Place potatoes on top of meat if desired, but it is best to cook potatoes on one of the upper disks.



### **Mince Meat.**

Cook in a pan on the disk.

### **Beef Tea.**

Cut the meat in small pieces, put in a bowl, add a little salt, and steam two hours.

### **TURKEY.**

Remove the upper disks and steam it in the pail with neck down. Steam two hours, more or less, then rub butter over the turkey, sift lightly with flour, then brown in the oven twenty minutes or less. Use one teaspoon-full of baking powder in making the dressing for turkey.

### **Ham, Corned Beef Tongue Etc.**

Place in the pail, steam three hours. If too salt, freshen by soaking one hour in warm water before cooking.

### **Green Peas, Shell Beans.**

Put in open dish without water.

### **SOUP.**

Salt and pepper the meat, place in pail or open dish, steam until time to add your vegetables, then place vegetables on the meat, add no water until they are all cooked. The salt will draw all the juices out of the meat.

### **MUSH.**

Stir the meal into boiling water until you have a thick paste, place in the Cooker and steam two and one-half hours.

### **Stuffed Beefsteak.**

Take round steak, pound well, season, then spread with a nice dressing, roll up and tie closely with twine. Steam one hour and a half.



## **FISH.**

To bake ; place on the upper disk in a plate or dish . Season with butter, and brown in the oven if desired

## **Potatoes, Green Corn.**

Place on the disk and cook from twenty-five to thirty minutes. Allow five minutes longer for new potatoes. The time depends upon the amount of water used to generate the steam. The less used the faster it will cook.

## **Apples and Fruit.**

To stew, put in an open dish with no water, adding sugar, and your sauce will have the richest flavor possible, retaining the flavor and juices.

## **To Can Fruit.**

Fill the cans with fruit and place them on the disks, leaving the caps off. Steam until thoroughly done. Be careful not to cook peaches, pears, plums etc., too long as the "whole" appearance of the fruit should be retained. Put some fruit in a dish and set in the Cooker on the top disk when canning fruit that shrinks or, take one can to fill all the rest, when they should be capped at once. Make syrup to suit, about one and one-half cups of sugar to one quart of fruit. Have the syrup boiling hot and fill the cans even full as you lift them from the Cooker. The time required after the water commences to boil, is strawberries, 15 to 20 minutes, green-gage plums etc., 20 to 25 minutes; peaches, 25 to 30 minutes ; pears, 15 to 30 minutes. Do not remove cover too often to let off heat, or make allowance for time so lost. A good syrup for peaches, pears, etc., is made, one and one-half cups sugar, one-half cup strong vinegar, one cup water. When you commence cooking fruit in glass jars, the water in the Cooker should be a little below the boiling point. Leave the cover off for one minute when jars are put in, as they must heat up slowly to prevent breaking. For peaches, plums and pears, fill cans half full of syrup as you place them in the Cooker, as it prevents sinking.



## To Can Corn.

A receipt for canning corn which has never failed. Shave corn from the cob. Fill the can full. Press down tight with potato masher. Seal tightly and cook three hours.

## COFFEE.

Put Coffee in the Coffee-pot, pour *boiling* water over it, place in the Cooker and steam ten minutes.

## To Bake Beans.

Par-boil the beans until the skins crack when the bean is exposed to the air; put in the pail or earthen crock; cut the meat in two or three pieces and place evenly on the beans. If desired take one tablespoonful of molasses, thin with two or three tablespoonfuls of hot water and pour over them; cover and place in the Cooker; cook the usual time; but for "Boston Baked Beans," cook eight hours or more.

## EGGS.

Butter a plate and break in the eggs; place in the Cooker (be sure the water is boiling) and cook four minutes. They are tender and light when steamed and not tough or leathery; can be eaten by invalids and are richer. If broken in boiling water they lose their flavor.

## To Cook Apples.

Wipe clean, pleasant sour apples; remove the core (this can be done with a pointed knife so as to leave the apples whole): fill the cavities with sugar; place on the disk on a plate and cook until soft.

## OYSTER STEW.

Put one quart milk in the pail and place in the Cooker; let it come to a scalding heat, then turn in one quart of oysters and cook until scalding hot; remove from the Cooker and season.



### **Prunes, Stewed.**

Soak the prunes then add a little water and sugar, place in the Cooker and steam until done,

### **Oyster in the Shell.**

Steam five minutes.

### **Chicken, Broiled.**

Divide the fowl into halves, break the bones with a hammer, steam until tender, and broil, adding usual seasoning of salt and pepper.

### **Roast Beef with Pudding.**

Make pudding as follows : for every pint of milk take

3 eggs, 1 teaspoonful baking-powder,

3 cups flour, and a pinch of salt.

Stir to a smooth batter and pour under meat three quarters of an hour before it is done.

### **BROWN BREAD.**

4 cups corn meal,

1 cup molasses,

2 cups each of flour,

1 teaspoonfull each,

sweet-milk and sour-milk, of soda and salt.

Steam  $3\frac{1}{2}$  hours or longer. To be eaten hot.

### **Nebraska Brown Bread.**

4 cups of corn meal,

1 cup of molasses.

2 cups of flour,

1 lb. raisins, chopped,

2 cups of sweet milk,

2 cups of sour milk,

1 teaspoonful of soda,

1 teaspoonful of salt,

Steam  $3\frac{1}{2}$  hours. To be eaten hot.

### **PUDDING.**

3 eggs,

1 cup sifted flour,

1 cup sugar,

1 teaspoonful baking-powder,

teaspoonful water, 1 teaspoonful essence lemon.

Steam 30 minutes. When it is ready for use, cut in six or eight pieces, split and spread with butter and return



them to the dish. Make a custard with four eggs to a quart of milk : flavor and sweeten to taste, pour over the cakes and steam 35 minutes. The cake will swell and fill the custard.

### **Strawberry Short-Cake.**

2 tablespoonfuls white sugar.  
 2 tablespoonfuls butter,  
 3 tablespoonfuls baking-powder,  
 1 quart flour.

Make into a soft dough with sweet milk, roll out and bake in three jellycake pans. Mash two quarts strawberries, and sweeten well. When done leave the first and third ones whole, but split the middle one and put berries between each layer after they have been buttered. Dust white sugar over it, and eat as soon after baking as possible. To make still richer, before mashing the berries reserve a dozen or more of the largest and best to place on top of the cake.

### **Indian Pudding.**

1½ cups Indian meal,	butter one-half size egg,
1 cup molasses,	1 tablespoonful ginger,
2 quarts milk,	1 tablespoonful salt.
2 eggs,	

Scald one quart milk, then pour it boiling on the meal, then turn in the molasses, and next the cold milk, butter, ginger, salt and eggs. Steam five hours and serve with cream.

### **Suet Pudding.**

1 cup suet or ½ cup butter,	1 of raisins,
1 of molasses,	1 teaspoonful of soda,
1 of sweet milk.	1 of salt, and all kinds
3 of flour,	of spices.

Steam about three hours.

### **CUSTARD.**

1 quart. milk,      5 eggs,      ⅔ cup sugar.  
 Season to taste ; fill cups and grate over them a little nutmeg. Steam until firm in centre.



## Apple Dumplings.

Peel and cut in halves, good cooking apples, remove the cores from each half: then fill the cavities with sugar and place the halves together again. Prepare dough as for biscuit, roll thin and cut in pieces large enough to wrap around each apple. Steam 45 or 50 minutes : serve with sauce.

## Breakfast Cake.

2 tablespoonfuls sugar, 1 cup milk,  
2 tablespoonfuls butter, 1 (scant) quart flour,  
3 eggs, 3 teaspoons baking powder.  
Steam 35 minutes. To be eaten while hot.

(EXCELLENT.)

## Cottage Pudding.

2 eggs,  $\frac{1}{2}$  cup milk,  
1 cup of sugar, butter size of a walnut,  
 $1\frac{1}{2}$  cups flour, 2 teaspoons baking-powder.  
Steam 30 minutes and serve with lemon or cream sauce.

## Fruit Cake.

7 eggs, 1 lb. each raisins, currants  
1 cup of sugar, and blanched almonds.  
1 cup butter, 1 tablespoon cinnamon,  
 $\frac{1}{2}$  cup molasses with  $\frac{1}{2}$   $\frac{1}{2}$  tablespoonful cloves,  
teaspoon soda in it, 1 quart sifted flour,  
 $\frac{1}{2}$  pound citron,  
Flavor with about 5 drops almond essence; beat eggs separate; put the whites in the last thing before putting it in the pan; have the currants washed and dried the day before; seed and chop the raisins. Steam three hours.

## Fruit Pudding.

1 cup suet chopped fine, 2 eggs beaten twice,  
1 cup seeded raisins. 1 teaspoonful soda,  
1 cup currants, 1 teaspoonful salt,  
1 cup sour milk, 2 teaspoonfuls cinnamon,  
 $\frac{1}{2}$  cup brown sugar, 1 nutmeg.  
 $\frac{1}{4}$  cup moasses,  
Add flour enough to make as stiff as fruit-cake.  
Steam  $3\frac{1}{2}$  hours.



## Yorkshire Pudding.

1 pint milk,	2 teaspoons baking powder,
3 eggs, (whites and	2 cups of flour,
yolks beaten separately)	1 teaspoonful salt,

Dont mix too stiff. Suspend a small roast of beef to the bottom of the second disk with a string, or to the ring in the cover. Put the pudding in a pail or a pudding pan and let the meat drip on the pudding. Steam two hours.

### Scotch Fruit Cake.

1 cup of butter,  
2 of sugar,  
4 of sifted flour,  
 $\frac{3}{4}$  cup sour milk,  
 $\frac{1}{2}$  teaspoon soda,  
4 eggs beaten separately,  
1 pound currants,  
 $\frac{1}{4}$  pound citron,

Cream the butter and sugar; add milk gradually; then yolks of eggs; and lastly, while stirring in the flour, the whites well whipped. Flavor with one teaspoon lemon and one of vanilla extract, and raisins chopped a little, or better still, seeded, and citron sliced thin. Wash the currants before using and flour all fruit slightly. In putting cake in pan place first a thin layer of cake and then sprinkle in some of the three kinds of fruit; and so on, always having a thin layer of cake on top.

Tested by many and have never failed.

### Soft Gingerbread.

2 eggs well beaten,  
1 coffee-cup molasses,  
1 teacupful butter and lard mixed,  
2 teaspoonfuls ginger,  
1 teaspoonful cream of tartar,  
1 teaspoonful soda dissolved in  
 $\frac{1}{2}$  teacupful of milk or water,  
 $\frac{1}{2}$  teaspoonful of salt,

Flour enough to make as stiff as cup cake. Steam 45 minutes.

### Strawberry Short-Cake.

1 quart flour,  
2 tablespoons of butter,  
2 tablespoons of sugar,  
2 tablespoons baking  
powder,  
 $\frac{1}{2}$  pint sweet milk.



Place in two jelly cake tins and cook 35 minutes. When cooked place your strawberries between the two cakes also covering with berries.

### **Steamed Pudding.**

1 egg,	1 cup of dried or fresh fruit,
$\frac{1}{2}$ cup butter,	2 teaspoonfuls of sugar,
1 cup sweet milk,	2 teaspoonfuls cream tartar,
$1\frac{2}{3}$ cups of flour,	$1\frac{2}{3}$ teaspoons soda.

Steam one hour. This pudding made with cherries is excellent. Do not cook it in an earthen dish.

### **Brown Sauce.**

$\frac{1}{2}$ pint of milk,	2 of flour,
1 tablespoon of butter,	2 of molasses,
2 of sugar,	half of a lemon.

Steam ten minutes.

### **Graham Bread.**

$3\frac{1}{2}$ cups graham flour,	3 cups sour milk,
2 cups corn meal,	1 cup molasses.

Salt. Steam  $2\frac{1}{2}$  hours, brown in the oven 15 minutes.

### **Taploca Custard.**

4 teaspoonfuls tapioca soaked in water over night,	4 eggs, 1 qt. of milk.
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A pinch of salt. Flavor and sweeten to taste, Beat whites of eggs to a froth and pour custard over them, Steam thirty minutes.

### **Wapsie Pudding.**

Take a cup of sweet milk,  
1 teaspoonful baking powder,  
Flour enough to make the consistency of sponge-cake. Butter pudding-dish and fill it nearly full of nice baking apples, cut up fine. Steam pudding  $1\frac{1}{2}$  hours. Turn out into a hot dish. Strew sugar over it. Eat with cream and sugar.



## Orange Roley-Poley.

Make a baking-powder dough as for apple dumpling, roll in oblong sheets and lay oranges peeled, sliced, and seeded thickly all over it; sprinkle with white sugar; scatter over all a teaspoon or two of grated orange-peel, and roll up, folding in the edges closely to keep in the syrup. Steam one and one-half hours. Eat with it lemon-sauce prepared as follows;

6 eggs, leaving out the whites,

2 tea-cups of butter,

1 pint sugar.

Juice of 2 lemons and rind of both grated.

Cook slowly, stir till it thickens like honey; do not boil.

## Steamed Pudding.

9 ounces butter (creamed).

$\frac{1}{2}$  lb. sugar,

6 eggs,

Steam  $2\frac{1}{3}$  hours.

$8\frac{1}{2}$  oz. of sifted flour,

$\frac{1}{2}$  teaspoonful baking-powder,

MRS. FISHBURN.

## Gingerbread,

and WHITE and BROWN BREAD, are cooked much nicer in the Cooker; also all kinds of PUDDINGS. Place them on the disks in ordinary bread tins; and brown in the oven if desired.

## Brown Bread-THE WHITE HOUSE.

1 pint Indan-meal,

1 pint rye flour,

1 pint sour milk,

Steam 3 hours; brown 20 minutes in the oven if desired.

1 large cup of molasses,

1 teaspoonful soda,

1 tablespoonful salt,

## Fruit Cake.

$\frac{1}{2}$  pound each sugar,

butter and flour,

6 eggs,

1 pound raisins,

Steam  $3\frac{1}{2}$  hours.

1 pound currants,

$\frac{1}{4}$  pound citron,

$\frac{1}{2}$  tablespoon each cinna-

mon, nutmeg, and cloves.

MRS. NEGLEY.



### Date Pudding.

1½ cups flour,                      1 lb dates, stoned,  
1 cup sugar,                      2 teaspoons baking-powder,  
1 of chopped apples,           1½ teaspoon salt.

Mix with milk to a stiff batter. Steam from two to three hours. This pudding can be made also with prunes or figs. If made with figs steam one hour longer.

### Carrot Pudding.

1 pound grated carrots,  
¾ pound chopped suet,  
½ lb. each rasins and currants,  
4 tablespoons sugar,  
8 teaspoons flour,

Spice to suit taste. Steam 4 hours, place in the oven for 20 minutes, and serve with wine sauce.

### Nilly's Pudding:

¼ lb. flour,                      a few strips candied  
½ lb. molasses,                      lemon peel,  
½ lb. suet,                      the rind & juice of 1 lemon,  
2 eggs.                      3 tablespoons cream,

Chop the suet very fine; mix with it the flour, molasses, lemon peel minced, and candied lemon peel; add the cream lemon juice, and two well beaten eggs; beat the pudding well, put it into a buttered basin, tie it down with a cloth and steam from 3½ to 4 hours.

### A Bachelor's Pudding.

4 ounces grated bread,           3 eggs,  
4 ounces currants,           a few drops essence  
4 ounces apples,           lemon,  
2 ounce sugar,           a little grated nutmeg.

Pare, core, and mince the apples very fine, sufficient when minced to make four ounces; add to these the currants which should be well washed, the grated bread, and the sugar; whisk the eggs, beat these up with the remaining ingredients, and when all is thoroughly mixed, put the pudding into a buttered basin, tie it down with a cloth, and steam for three hours.



### **Apple Roley Poley.**

Make a rich biscuit dough, adding one-half cup of sugar and one egg. Roll out about one inch thick, have ready your apples pared and sliced thin; lay them on top of the dough, then begin at the end and roll up like jelly-roll: put in the Cooker and steam one hour or more according to the size of the pudding. Serve hot with a suitable sauce. Any dried fruit may be used.

MRS. C. F. DREXEL.

### **Steamed Fruit Pudding.**

1 pint of flour,                      2 teaspoons baking powder,  
1 teaspoon salt,                      milk to make a batter to just  
drop off the spoon; have the fruit in the pan, then  
pour the batter over it and steam from one to one and  
one-half hours. To be eaten with milk sauce.

MRS. EARLMAN.

### **Troy Pudding.**

$\frac{1}{2}$  cup sugar,                      1 teaspoonful soda,  
 $\frac{1}{2}$  cup molasses,                      1 cup sweet milk,  
 $\frac{1}{2}$  cup butter,                      1 cup raisins,  
4 cups flour,                      all kinds spices.  
Steam three hours; serve hot with sweet or sour sauce.

### **Southern Brown Bread.**

2 cups graham flour,                      2 cups sour milk,  
2 cups corn meal,                      even teaspoon soda,  
 $\frac{1}{2}$  cup Orleans molasses,                      1 teaspoon salt.  
Steam two and one-half hours.

### **Wedding Fruit Cake.**

10 eggs,                      1 heaping tablespoon ground  
5 level cups brown                      cinnamon,  
sugar,                      1 heaping tablespoon ground  
 $\frac{1}{2}$  pint molasses                      cloves,  
3 teacups soft butter,                      1 heaping tablespoon mace,  
1 lemon,                      1 nutmeg, grated,



1 pound figs,	$\frac{1}{2}$ teaspoonful soda,
1 pound citron,	$\frac{1}{4}$ quart flour,
2 pounds currants,	$3\frac{1}{2}$ pounds raisins,

Steam three hours. This is a large recipe and makes two large cakes.

### **Fig Pudding.**

5 eggs,	$\frac{1}{4}$ pound suet,
$\frac{1}{4}$ lb. figs chopped fine,	$\frac{1}{4}$ pound candied lemon
$\frac{1}{4}$ lb. bread crumbs,	peel and citron,
$\frac{1}{4}$ lb. brown sugar,	1 nutmeg,

Mix thoroughly, put in a mould and steam four hours.

### **Fig Pudding.**

1 coffee cup flour,	2 oz. suet chopped fine,
1 " " figs chopped fine	1 egg,
1 " " apples " "	$\frac{1}{2}$ teaspoon salt,
1 " " brown sugar,	2 " baking powder
1 " " bread crumbs	2 " molasses,

soaked in milk :                      spice to taste.

Mix to a stiff dough ; pour into a buttered mould and steam three hours. Can be made with dates or prunes.

### **Graham Bread.**

2 cups sour milk,	1 cup molasses,
$\frac{1}{2}$ cup brown sugar,	1 teaspoonful salt,
1 teaspoonful soda.	

Stir in graham flour, as stiff as can be breaten nicely, Steam one and one-half hours.

### **Steamed Fish.**

Fill the fish with a nicely prepared stuffing of rolled crackers or stale bread crumbs. Season with butter, pepper, salt, sage and any other aromatic herbs fancied, wrap in a well floured cloth tied closely with twine and stean 50 minutes.



### **Lemon Pudding.**

$\frac{1}{2}$ cup of suit chopped fine,	1 pint of bread crumbs,
1 lemon;	1 cup of sugar,
1 cup of flour,	1 teaspoonful salt,
2 eggs	

First mix the suit, bread crumbs, sugar and flour well together adding the lemon peel, which should be the yellow grated from the outside and the juices which should be strained. When these ingredients are well mixed moisten with the eggs and sufficient milk to make the pudding the consistence of thick batter, put into well buttered molds and steam for three and one-half hours, turn it out, sift sugar over, and serve with lemon sauce; serve while hot.

### **Steamed Apple Puffets.**

Three eggs, a pint of milk, a little salt, sufficient flour to thicken as waffle-batter; one and one-half teaspoonful of baking powder. Fill teacups alternately with a layer of batter, and then of apples chopped fine. Steam one hour. Serve hot with flavored cream and sugar. You can substitute any kind of fruit or jam your tastes prefers. Excellent, A. I.

### **Steamed Beefsteak.**

Roll steak in flour, place in Cooker and steam till done.—Try it SAID M. NIXON.

### **Steamed Brown Bread.**

One cup of white flour, two of graham flour, two of indian meal, one teaspoonful of soda, one cup of molasses, three and one-half cups of milk, a little salt. Beat well and steam four hours. This is for sweet milk; when sour milk is used, use Soda in place of Baking Powder. This is improved by setting it into the oven fifteen minutes after it is slipped from the mould. To be eaten warm with butter.

**MOST EXCELLENT.**



### **Cherry Pudding.**

Two eggs, well beaten, one cupful of sweet milk, sifted flour enough to make a stiff batter, two large tea-spoonfuls of baking powder, a pinch of salt, and as many cherries as can be stirred in. Steam one hour. Serve with liquid sauce. Cranberries, peaches, currants, or any kind of tart fruit is nice used with this recipe. Serve with sweet sauce.

### **Steamed Oysters.**

Wash and drain a quart of counts or select oysters; put them in a shallow pan and place in Cooker; and steam till they are plump, with edges ruffled, but no longer. Place in a heated dish, with butter, pepper and salt, and serve.

### **Boston Corn Bread.**

1 cup of sweet milk,	2 cups of sour milk,
$\frac{2}{3}$ of a cup of molasses,	4 " of corn meal,
1 teaspoonful of soda,	1 cup of wheat flour.

Steam for three hours, and brown a few minutes in the oven. The same made of sweet milk and baking powder is equally as good.

### **Baking Powder.**

16 ounces cornstarch,	8 oz. of bicorbanate of soda.
5 " of tartaric acid.	

Mix thoroughly and sift 3 or 4 times through a fine sieve.

### **Pic-Nic Salad.**

Boil four large Irish Potatoes, peel, and mash smooth; mince two onions, and add to the potato, making a dressing of the yolks of three hard-boiled eggs, one small tea-cup of vinegar, one tea-spoon black pepper one desert-spoon each of celery seeds and salt, one tablespoon each of prepared mustard, and melted butter; put vinegar, pepper, mustard and butter in a skillet and boil and then pour over potatoes, Mix all together.



We think there was never any light bread equal to that baked in the Peerless Steam Cooker. You ought to recommend it for that emphatically ; I do. I expect to sell some for that feature yet, to young people, and to those who have to depend on a hired girl's ability to produce wholesome breads and biscuits.

Mrs. L. C. MARTIN,

Roberts, Ill.

### **Light Bread.**

Make out one loaf in pail, two in pan and one in basin ; or the latter may be biscuits in pie tin. When light, steam loaves 1 hour according to size (same time as to bake them) and biscuits  $\frac{1}{2}$  hour. Take out, rub with butter and sugar, place on grate in oven and brown. Will make more for the same quantity, than in the old way : be very light, and have no hard crust, and never burn.

### **Vegetable Soup.**

Add to meat juice from the day before, skinned, free of fat and warmed, any or all vegetables chopped fine ; season with a little onion, celery leaves, salt and pepper if needed, and steam 1 hour

### **To warm over Beef.**

Slice cold steamed beef thin and nice, heap on a plate and steam  $\frac{1}{2}$  hour. Cold turkey and all other kinds of roast meats can be steamed same way ; as nice as ever.

### **Pressed Chicken.**

Take one or two chickens, steam, and when thoroughly done take all the meat from the bones removing the skin, and chop and season to taste. If a meat presser be at hand use that, or any other mold, such as a crock or pan that will do ; add the liquor it was steamed in which should be about a half-pint, skim as much fat from the liquor as possible, and add one pounded cracker to the liquor and mix all thoroughly before putting in the mold.



## Green Corn Pudding.

To  $\frac{1}{2}$  pint of sweet corn, cut from the ear. add a mixture of 2 eggs, 1 pint milk and pepper, stir all together well and steam 1 hour. Serve with meat. Canned corn can be used.

## CABBAGE.

Cut fine, salt, pepper: let stand 5 minutes. Melt a little butter in a bright pan or vegetable dish, put in cabbage, and sprinkle with vinegar to taste: steam  $\frac{3}{4}$  to 1 hour.

## A NICE DINNER.

Make nice bread dressing and roll up in a beef or pork steak, lay in one side of pail and steam. Peel potatoes and lay in vacant space by meat. Put on disc and steam sweet potatoes or cabbage in a pan on it. Put on other disc, and make a nice rice pudding with raisins for this space. Steam till dinner time. Spread beaten whites of eggs and sugar over pudding and place in oven to brown; dish up dinner. Add  $\frac{1}{2}$  pint sweet cream to the juice in the pail, thicken for gravy, serve with steamed apples and steamed fruit cake.

## MARBLE CAKE.

### WHITE PART.

$1\frac{1}{2}$ cups white sugar,	$\frac{1}{2}$ cup of butter,
$\frac{1}{2}$ cup sweet milk,	$\frac{1}{2}$ teaspoonful soda,
$\frac{1}{2}$ teaspoon cream tartar,	$2\frac{1}{2}$ cups of flour,
Whites of 4 eggs.	

### DARK PART.

1 cup brown sugar,	$\frac{1}{2}$ cup molasses,
$\frac{1}{2}$ cup of butter,	$\frac{1}{2}$ cup of sour milk,
$\frac{1}{2}$ teaspoonful soda,	1 teaspoon cream tartar,
$2\frac{1}{2}$ cups flour,	Yolks of 4 eggs,
Cloves, allspice, cinnamon and nutmeg, $\frac{1}{2}$ teaspoon each, Steam one hour.	



## **Boston Baked Beans.**

Bake Beans 4 to 6 hours. Parboil until skins will crack by blowing on them in a spoon ; pour water off, place a piece of salt pork about  $\frac{3}{4}$  lb. to a quart of dry beans in bottom of dish (crock is the best), after putting beans in, add 2 tablespoonsful of Molasses, salt to taste, and about  $\frac{1}{2}$  glass warm water. Cover while cooking ; cook 6 to 12 hours in steamer, longer they cook the better they are.

## **Boston Brown Bread.**

Take pieces of dry bread and cake, about 3 pints soften ; add  $\frac{3}{4}$  cup of molasses, 1 teaspoon each salt and soda, stir in corn meal, not too stiff steam four hours. This will make for six people.

## **Brown Bread.**

2 cups corn meal,	$1\frac{1}{2}$ cups flour,
$1\frac{1}{2}$ cups sweet milk	1 cup sour milk,
1 teaspoonful salt,	1 teaspoonful of soda,
$\frac{1}{2}$ cup molasses,	
Steam $3\frac{1}{2}$ hours.	

## **FIG PUDDING.**

$\frac{1}{2}$ pound figs,	$\frac{1}{4}$ pound common sugar,
1 tablespoon syrup,	$\frac{1}{2}$ pound suet,
3 eggs,	a little nutmeg.

Chop suet and figs fine, then mix with flour, sugar and eggs, warm syrup and milk and stir in mixture. Steam four hours.

## **GINGER-BREAD.**

1 cup molasses,	1 teaspoon soda,
$\frac{1}{2}$ cup butter,	1 cup water or sour milk.

Stir in flour to thick batter, add ginger and salt and steam one hour in Cooker.



## **SUET PUDDING. Nice.**

1 cup molasses,	1 cup sweet milk,
1 cup suet, chopped fine,	1 cup raisins,
$\frac{1}{2}$ cup currants,	$2\frac{1}{2}$ cups flour,
$\frac{1}{2}$ teaspoon soda,	

Mix with salt and spice to taste. Steam 2 hours

## **FRUIT CAKE. Fine.**

3 pounds flour,	3 pounds raisins,
3 pound sugar,	6 pounds currants,
1 pound citron,	3 pounds butter,
2 dozen eggs,	2 ounces nutmeg,
2 ounces mace,	2 ounces cinnamon,
1 ounce cloves,	$\frac{1}{2}$ pint brandy.

Steam four hours or more.

## **Steamed Apple Pudding.**

$1\frac{1}{2}$ pints flour,	2 teaspoons baking powder,
6 apples, quartered,	1 teaspoon salt.

Mix with milk, soft, so that it can be rolled. Place apples in centre and cover with dough; place in dish and steam  $1\frac{1}{2}$  hours.

## **Sauce, for Steamed Apple Pudding.**

Boil one cup of molasses, add  $\frac{1}{2}$  cup of water, piece of butter size of egg, one tablespoon vinegar: thicken with flour; flavor with nutmeg.

## **VEAL LOAF.**

Chop 2 pounds of veal, add one-fourth pound of salt pork, chopped, one cup of cracker crumbs, 2 eggs, 2 teaspoons each of pepper, salt and sage. Mix, press into a pan and steam 2 hours. Serve cold.



## BEEF LOAF.

Two pounds of beef, 1 pound of pork tenderloin,  $\frac{1}{2}$  loaf of bread soaked; and five crackers; mix with 2 eggs; salt and pepper of each 2 teaspoons. Steam 2 hours.

## HASH.

Make the delicately seasoned, finely chopped meat and potatoes, into balls; lay on a plate and steam 20 minutes.

## Cup Pudding.

To make the batter use,—

2 eggs

1 cup sugar,

$1\frac{1}{2}$  cups flour,

$\frac{1}{2}$  cup milk,

butter size of a walnut,

2 teaspoons baking-powder.

Fill cups half full of berries, or any kind of fresh fruit; place sufficient sugar over the fruit, and a spoonful of the batter over all. Steam thirty minutes.



## FOR CLEANING TIN-WARE

there is nothing better than dry flour, applied with a newspaper.

After being thoroughly washed in very hot soap-suds and wiped dry, tin vessels should be set on the top of the stove for a few moments and then vigorously scoured for a few minutes, with the dry flour rubbed on with a wad of newspaper crumpled and softened.

In this way tinware may be kept free from rust and almost as bright and glistening as silver, care being taken that it is never put away damp and that it is kept in a dry place.



# PRACTICAL SUGGESTIONS

## ABOUT

# STERILIZING MILK.

By CLARA A. PENNISTON, of New York. \*

Graduate of Mack Training School, St. Catharines, Ont., 1887.

These suggestions are advanced because they are gathered from directions given by some of the most eminent and pains-taking physicians in New York. Through constant use and observation I may have some ideas toward saving trouble in the preparation of food and the care of bottles.

My reasons for preferring sterilized milk to any other artificial food are that I have never yet seen a baby who did not thrive on it, gaining from eight to fourteen ounces a week of *good solid flesh*. Let me emphasize this, as babies fed on condensed milk for example gain, but are fat, white and flabby, and have not any stamina when taken ill.

When once prepared it is always ready for use. It never should become sour under any atmospheric changes, and if it does it is because the milk was already turned before sterilizing or it was carelessly prepared. One can travel and carry it with perfect safety. It need not be kept in a refrigerator. The babies I have cared for have gone through summer weather without *any* illness, and also through teething without any serious trouble. When babies are well nourished they do not readily fall sick nor are they subject to infectious or contagious diseases.

The graduated bottles are the best to use, and should be rinsed after being emptied and filled with a

\* Miss Penniston is the inventor of the "Penniston Food Warmer," which many say has robbed bottle feeding of its worst drawbacks.



solution of washing soda and water. When about to cleanse take very hot water with a trace of soap in it and some soda, brush the bottles well inside and be careful that no small particles of food adhere to the glass, rinse thoroughly and fill with boiled water scalding hot. If any soda is left in, it will turn the milk *nk*.

The following formula I generally find to agree with most babies :

Milk eight ounces, (half pint )

Boiled Water eight ounces, (half pint,)

One lump Loaf Sugar.

One salt spoonful Salt.

This is measured accurately in a one-half pint measure or a graduated glass, and each ingredient poured into a large pitcher; in this way the food is thoroughly mixed. When the baby is a week old pour three ounces of this mixture into each bottle, using a small funnel, and wipe the inside of the neck of the bottles dry with a pledget of cotton. Use plain cotton batting rolled into corks an inch in length, which should fit in rather tightly.

Sometimes the baby's digestion is feeble, and it may suffer from constipation. The addition of one tablespoonful of Mellin's food to each pint of this mixture, dissolving it in a portion of the water before the food is sterilized has admirable results. Again this may not help, and by substituting thin oat-meal gruel, or gruel made from Robinson's Patent Barley instead of plain water the food will suit.

Half milk and half water is generally strong enough food up to five or six weeks when on a certain day of each week, one ounce of milk should be added



and one ounce of water decreased for each pint of the mixture. The quantity of sugar, salt and Mellin's Food is always the same to each pint. A greater quantity of food in each bottle is gradually required. This you can easily find out by multiplying the increase wanted for each bottle by the number of bottles you are going to sterilize. Sufficient for only one nursing should be in each bottle. It should be made *Blood warm* by placing the bottle in hot water; a little may be poured into a spoon and tasted, or a cheese thermometer may be used to test its heat. I would always put a baby on the half milk mixture if it has been weaned or suffering from malnutrition, and add one ounce more milk weekly, or one ounce every three days, feeling my way until after a time pure milk, with the addition only of sugar and salt is given.

At first a baby should be fed every two hours during the day, (if awake), and effort made to have it sleep for longer periods at night. It should finish its bottle in twenty minutes or a half hour. Carelessness in these details constantly causes indigestion which is often unjustly attributed to the food not agreeing with it.

The collapsing of nipples is a common trouble and no doubt feeble infants are often starved through this cause. A ventilated nursing bottle obviates this trouble, and while it has the disadvantage of transference of food and making extra work, I use it often.

A pure rubber nipple soft and flexible, having one small hole, should be used. If the opening is not large enough, heat a small hat-pin point in the gas flame and perforate to the desired size. Never allow the milk to pour through the nipple; it is necessary that the child should *suck*, as the saliva is thus caused



to flow and mix with the food. After being used wash the nipple thoroughly, *pinching out the speck of food* in the perforated top, and boil twenty minutes, or have several in use and boil twice daily. Keep in a clean linen cloth. By soaking in water they become water soaked and rotten, and scientists say, full of germs. They certainly last much longer if boiled. Cold water should be given to babies before meals, as they suffer much through being deprived of it.

Massage of a baby's abdomen with sweet oil, beginning to rub from the *right* side, and continuing in a circle and afterward gently kneading with the tips of the fingers is always excellent, as part of the baby's digestive trouble is owing to its inability to exercise the abdominal muscles as adults do by walking.

Through the feebleness of an infant's digestion flatulence is always more or less present. By laying it up on your shoulder after each nursing, and gentling rubbing its back with the open hand a quantity of gas is generally belched up. This often causes hiccough. A little more food or some cold water, will stop the hiccough.

Sterilized milk agrees perfectly with a baby who is partly nursed, and when the supply of breast-milk is scanty, admirable results follow, giving each alternate meal from the bottle. There is absolutely no reason to fear this will wean him, unless he finds one food satisfies his hunger and other does not.

Remember always each baby is a law unto itself, and only by careful observation can the best results be obtained

A pair of accurate scales should be in every nursery and a record kept. A baby should be weighed *naked* and gain at least a pound each week.



## Practical Suggestions For STERILIZING MILK AND FEEDING INFANTS.

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**DIRECTIONS.**—Use round bottles holding from 8 to 10 ounces, cleansing thoroughly each time before using, then pour into each, through a funnel, the amount of food sufficient for one feeding, (7 ounces is usually enough.)

Dry the neck of each bottle and cork them with clean loose cotton batting, (ordinary cotton is better than absorbent cotton). Do not let the food wet the corks.

Place bottles on lower disc, if the milk is just from the cow; 40 or 50 minutes is sufficient, 20 minutes for heating and 20 or 30 minutes for sterilizing. Leave in the cotton plugs until feeding time. Fresh milk properly prepared will keep for weeks.

To warm the milk for feeding, put the bottle in a cup or small measure of hot water. To those who can afford it a Penniston Food Warmer is a great convenience. Just before using shake the bottle so as to mix the cream well into the milk, remove the cotton and draw on the nipple. Cold water should be poured into each bottle *immediately* after it is emptied, to facilitate cleaning.

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### APPLE BUTTER.

Steam the apples in Cooker until done, then rub through a cullender; sugar to taste; then put it into Cooker and cook about two hours, (putting extra cover on bucket in Cooker.) Add spices to taste after it is done.



## SPECIAL RECIPES.

### Caramel Ice Cream.

(Mrs. Rorer,)

Put 4 ounces granulated sugar in an iron frying pan, and stir over the fire until the sugar melts, turns brown, boiles and smokes. Have ready 1 pint boiling milk, turn the burnt sugar into this, stir over the fire 1 minute and stand away to cool. When cold add  $\frac{1}{2}$  pound sugar, one quart cream and 1 tablespoonful of vanilla sugar or the same of the extract; mix well and freeze; when frozen, remove the dasher, stir into the cream 1 pint of whipped cream, repack, cover and stand for two hours to ripen.

This will serve twelve persons.

### ANGLE CREAM.

(Mrs. Ovens.)

1 pint of milk;  $\frac{1}{2}$  cupful of sugar; a little salt; 3 even tablespooufuls of corn-starch; 2 egg whites.

Cook the milk, sugar salt and corn-starch over hot water, and, at the last, stir in the egg whites, well beaten. Use the yolks for a boiled custard with not quite a pint of milk; flavor; set on ice.

### Ices and Sherbets.

For "freezing" use plenty of ice chopped fine, and plenty of salt; put a layer of ice about three inches deep and of salt one inch deep. Leave some of the water from the melting ice remain in the can; drain off only when it floats the ice or gets too near the lid.

Water ices require a longer time for freezing than ice cream.

If water and sugar are boiled in making ices, do not add any flavoring till it is perfectly cold.

All fruit and flavors should be added to cream when it is partly frozen; this prevents curdling or imperfect mixing

If you use milk in your cream, it is improved by scalding or just coming to a boil.



## **VANILLA ICE CREAM.**

(Mrs. Owens )

1 quart cream ;  $\frac{1}{2}$  pound granulated sugar ;  $\frac{1}{2}$  vanilla bean. Boil half the cream with sugar and bean, then add the rest of the cream; cool and strain: If extract of vanilla is used, do not boil it, but put in when ready to freeze. Make it strong with flavoring, as it loses strength by freezing.

## **Croquettes of Odds and Ends.**

(Mrs. F. L. Gillette )

These are made of any scraps or bits of good food that happen to be left over from one or more meals, but in such quantities that can not be utilized separately. For example, a couple of spoonfuls of frizzled beef and cream, the lean meat of a mutton chop, one spoonful of minced beef, two cold hard-boiled eggs, a little cold chopped potato, a little mashed potato, a chicken leg, all the gristle and hard outside taken from the meat. These things well chopped and seasoned, mixed with one raw egg, a little flour, lard and boiling water, then made in the form of croquettes and browned well with lard in a frying-pan or on a griddle, are really excellent

Scraps of hash, cold rice, boiled oatmeal left from breakfast, every kind of fresh meat, bits of salt tongue, bacon, pork or ham, bits of poultry and crumbs of bread may be used. These should be put together with care, so as not to have them too dry to be palatable, or too moist to cook in shape. Housekeepers would be surprised at the result, making an addition to the breakfast or lunch table. Serve on small squares of buttered toast, with celery, if in season.

## **Breakfast Muffins.**

(Mrs. Rorer.)

3 level teaspoonfuls Cottolene ; 2 eggs ; 1 pint milk ; 3 cups flour ; 1 teaspoonful salt ; 2 teaspoonfuls baking powder.

Soften the Cottolene, add it to the yolks of two eggs ; beat ; add milk ; mix ; add flour salt and baking powder ; beat well ; stir in well-beaten whites ; and bake in quick oven twenty-five minutes.



## **SALADS.**

Salads are very suitable for warm weather, or any weather, and there are few vegetables and few varieties of fish, flesh and fowl from which a salad cannot be made.

To have your vegetables crisp and fresh, soak them in cold water for an hour, dry them with a soft towel, and keep them in a cool place till you use them. Meats and fish may be cut up, and kept in a cool place, but do not mix the dressing with any salad until you are ready to serve. Any of the dressings given make good salads. Lettuce is the best vegetable for fish and meat salads, but other "greens" may be used. Some think meat and fish salads improved if seasoned with a little French dressing before made up with a mayonnaise dressing.

## **EGG GEMS.**

(Miss Wister )

3 cups Graham flour ; 3 cups milk ; 3 eggs ; 1 salt-spoonful salt

Beat the eggs light, add milk, flour and salt ; beat fast upward for one minute and a half. Fill hot, greased gem-pans, and bake in a quick oven.

## **NOODLE SOUP.**

(Miss Wister.)

1 chicken ; 3 quarts water : 1 onion ; bay leaf ; chopped parsley for the soup ; two eggs, enough flour to make a stiff dough : 1 saltspoonful salt for the noodles,

Put the chicken in the cold water, bring it to the boiling point and let it simmer for three hours, adding the onion, bay leaf and parsley when the chicken is about half done. Remove the chicken when thoroughly cooked—which may be served as boiled chicken or used for chicken salad, add the noodles boil fifteen minutes, add salt and pepper and serve.

To make the noodles beat the eggs light, add the flour, enough to make a stiff dough. knead it well, roll out as thin as a wafer, then roll up into a close roll and cut into slices about an eighth of an inch thick ; spread on the board to dry for an hour or more. If this quantity is more than is needed for the soup, it will keep for several days.



## Shoulder of Veal With Onions.

(Juliet Corson.)

Remove the bone from the shoulder of veal without cutting through the outer skin, and replace the bone with onions, peeled and sliced, and seasoned with salt and pepper; sew and truss the shoulder in shape, put it into a baking-pan with the bones under it, and brown it quickly in a hot oven; after the veal is brown, season it with salt and pepper, dredge it with flour, and baste it with the drippings in the pan; bake the veal about twenty minutes to each pound, or until the gravey which runs from it shows no trace of red color: an hour before the veal is done peel a dozen or more medium-size potatoes, and put them into the pan with the meat; turn them occasionally to insure equal cooking, and when the veal is done arrange them around it on a hot platter; make the gravy for the veal by using the drippings in the baking-pan; after the meat is taken up, set the pan over the fire, stir in a heaping tablespoonful of flour, and brown it, then stir in gradually a pint of boiling water and a palatable seasoning of salt and pepper; let the gravy boil for a minute, and then serve it with the baked veal and a dish of boiled or baked potatoes.

## POULTRY AND GAME.

In roasting or boiling whole any fowl, truss it—which means to draw the thighs close to the body, cross the legs at the tail and tie firmly to the body with twine, which is removed before serving; or pass the legs through a slit in the skin near the tail, and skewer the wings close to the body.

To boil split the body down the back and lay it open.

In cutting up fowl for fricassee do not *break* the bones, *cut the joints*.

Fowls with white meat should be well cooked; fowls with dark meat may be underdone.

Flesh of game is apt to be tough when first killed. It is more tender if kept some time, or if frozen.

Clean giblets thoroughly; cook and chop them fine; use them in the gravy or in the filling of roast fowl, or mix with bread crumbs, well seasoned and moistened, brown in butter, and serve with the meat.



# DIRECTIONS FOR USING The Peerless Steam Cooker.

And Special Recipes for Cooking by Steam.

The cut shows plainly the great capacity of the Peerless Cooker.  
Letter A shows the tube for conveying the steam into the stove.



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## PEERLESS STEAM COOKER.

A Vegetable Dinner, a Roast of Beef, Pork or Mutton, a Ham, a Spare-rib, Turkey and Poultry of all kinds, no matter how tough, are more palatable and tender.

Green Corn, Green Peas, String Beans, Squash  
And all kinds of Garden Sauce, are worth all of  
one-third more when Cooked by Steam.

## FISH, OYSTERS AND CLAMS

May be cooked with little labor and are much nicer.

Oatmeal, Cracked Wheat, Barley, Rice,  
Hominy; Indian, Suet, Plum, Flour,  
Cottage, and all other kinds of  
Puddings: Custards, Fruits,  
Sauces, Canned Fruits,  
Beans, Brown Bread,  
can be Cooked to  
Perfection.

The nicest kind of Fruit Cake baked here and is superior to that baked in an oven. In fact, nearly everything that is boiled or baked can be cooked more satisfactorily in this Cooker.